

# Basic Rice Filling

Makes: 1½ cups

## Equipment:



kitchen paper



plate



metric measuring  
spoons



metric measuring  
cups



frying pan



wooden spoon



tea towel



chopping board



knives – 1 small  
and 1 large



small bowl



small saucepan  
with a well-fitting lid



timer

## Equipment (continued):



teaspoon



medium bowl

## Ingredients:



$\frac{1}{3}$  cup extra virgin  
olive oil



$\frac{1}{4}$  cup pine nuts



handful dill



handful parsley



1 onion



$\frac{1}{2}$  cup long-grain  
rice

## Ingredients (continued):



1¼ cups cold  
water



¼ cup currants



salt



freshly ground  
black pepper

## What to do:



Put a piece of kitchen paper on the plate near the stove.



Turn on the stove to medium heat.



Carefully place the frying pan on the heat.  
Pour 1 tablespoon of the olive oil into the frying pan.



When the oil is hot, add the pine nuts, and fry them, stirring with the wooden spoon.



When the pine nuts are golden, carefully tip them out onto the paper-lined plate.



Turn off the stove.



Rinse the dill and parsley and dry them gently in the tea towel.



Chop the dill and parsley finely.



Place them in the small bowl. Set it aside until later.



Peel the onion and chop it finely.



Turn the stove on to medium.



Pour in the rest of the olive oil and let it heat up.



Tip in the onion and sauté it, stirring with the wooden spoon.



Keep stirring until the onion has softened.



Add the rice to the saucepan and stir for 2 minutes.



Add the cold water, currants and pine nuts.



Bring the mixture to the boil, stirring once or twice.



When the mixture boils, turn the heat down to low and put the lid on the saucepan.



Set the timer and cook the mixture for 15 minutes.



After 15 minutes, stir in the chopped dill and parsley.



Taste a little bit of the rice to see if you need to add salt and pepper. Be careful though – it will be hot!

Let the rice cool before you use it in a recipe.

## How to use the rice filling



You can use the rice filling to make *dolmades*. Dolmades are cooked vine leaves filled with rice and rolled into a parcel.

You can also use the rice filling to stuff vegetables. Try capsicums, tomatoes or zucchini. Scoop out the inside of the vegetable, fill it with rice and bake it in the oven. You can lightly coat the vegetable with oil so it doesn't burn, and even top it with cheese.